

Alcohol, Tobacco and Other Drug

Video Catalog Update

2003

Maine Office of Substance Abuse
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This publication contains a partial listing of videos housed at the Information and Resource Center (IRC) at the Maine Office of Substance Abuse. For a complete listing of book and video holdings, visit our library catalog at: www.maineosa.org/irc

Video search instructions and subject headings are included on the last page of this catalog.

The IRC serves all citizens in Maine. Individuals may borrow books, or obtain pamphlets and other resource materials. Videos are loaned free of charge to any organization in the State

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ABUSED BOYS, WOUNDED MEN

Grade Level: Adult

Details: 141 min. (2 tapes), 2001, Hazelden

Synopsis: While society has enormous sympathy for abused children, the judgment for these children is less benevolent should they become adult offenders. Earnie Larsen interviews adult inmates to examine the role that childhood abuse played in their lives. Designed for use in community corrections and institutional settings, this six-week curriculum will help adult offenders identify instances of early abuse, recognize how it has impacted their lives, and learn how to live a productive life in spite of it. Contains manual.

ADOLESCENT SUBSTANCE ABUSE: A PUBLIC HEALTH PRIORITY

Grade Level: Adult, Prof

Details: 21 min., 2002, Physician Leadership on National Drug Policy, Brown University

Synopsis: This video introduces a new initiative in drug policy by the Physician Leadership on National Drug Policy and aims to bring the message about adolescent substance use disorders to policymakers, medical and other health-related professionals, juvenile justice, community leaders and the public. It features interviews with leading physicians, lawyers and researchers who discuss the prevention and treatment of substance use problems.

ADOLESCENTS AND CO-OCCURRING DISORDERS

Grade Level: Sr (9-12), Adult Closed Captioned

Details: 24 min., 2003, Hazelden

Synopsis: Teens in recovery from co-occurring disorders share their experiences: the bad drug interactions, the cravings for self-medication, the dangers of relapse. With ongoing therapy and the support of family, friends, and Twelve Step groups, adolescents can regain control of their co-occurring disorders and their lives. Hope for recovery is reinforced.

ADULTS AND CO-OCCURRING DISORDERS

Grade Level: Adult Closed Captioned

Details: 28 min., 2003, Hazelden

Synopsis: Men and women speak frankly about how addiction and mental disorders fuel each other, the benefits of therapy, the importance of psychiatric medication taken regularly, and the challenges and rewards of seeking support through a Twelve Step group. Hope for recovery is reinforced by psychiatrist Kenneth Minkoff.

AL-ANON: HOPE AND HELP FOR FAMILIES & FRIENDS OF ALCOHOLICS

Grade Level: Adult, Prof

Details: 6.5 min., 2002, Al-Anon Family Group Headquarters

Synopsis: This short video provides a clear concise explanation of the family disease of alcoholism, and how Al-Anon/Alateen can help. It includes sharings from

members as well as a psychiatrist in the field of addiction medicine.

ALCOHOL ISSUES AND THE RIGHTS AND RESPONSIBILITIES OF THE MODERN UNIVERSITY

Grade Level: College, Adult, Prof

Details: 100 min., 2002, Office of Substance Abuse

Synopsis: The modern university is no longer considered a sanctuary in which students are protected from significant physical risks. High-risk drinking, hazing and other dangerous student behavior continues to generate an increasing number of lawsuits against colleges and universities. With colleges and universities routinely facing legal scrutiny, what legal images do courts have of higher education institutions? How have these images fostered or hindered student safety? Professor Lake will discuss the model of a "facilitator university" in the context of these questions and describe the evolution of modern legal concepts regarding colleges and universities. Alcohol use and abuse has played a significant role in forcing legal changes and is a major focus of Professor Lake's presentation and subsequent discussion.

ALCOHOL SCREENING AND BRIEF INTERVENTION

Grade Level: Prof

Details: 30 min., 1990, NCADI

Synopsis: This video is part of a curriculum implementation project that was developed to teach alcohol screening and brief intervention techniques to nursing students and other health professionals. It consists of a conceptual overview, an introduction to interviewing techniques and brief advice giving, filmed interviews with simulated patients, and information on how to identify and refer cases not suitable for brief interventions.

ALCOHOL: TRUE STORIES

Grade Level: Elem, Jr, Sr (5-12), Adult

Details: 20 min., 2002, Family Health Productions

Synopsis: This video tells how alcohol impacted the lives of four young people: Robert played soccer on an Olympic development team until one night after drinking, he crashed his dad's car into a tree and severed his leg. Megan sought treatment for alcoholism after being sexually assaulted while drunk. Two young people who avoid alcohol also tell their stories: Dana lost family members to murder. She copes with stress in healthy ways, as drinking may derail her dreams. Ilton, a talented hip-hop dancer, says his sport and a family history of alcoholism keeps him alcohol free.

ANGER: CREATING NEW CHOICES, PT. 1 "A CLOSER LOOK"

Grade Level: Adult

Details: 35 min., 2001, FMS

Synopsis: In this program, ex-offenders and people in recovery look at the cost of anger and aggression in their lives and learn how to create new choices. Many things happen before we get angry: Thoughts, beliefs and feelings all play a crucial role. Becoming aware of what happens

before we get angry and discovering that we do have time to do something different is a crucial first step in creating new choices.

ANGER: CREATING NEW CHOICES, PT.2 "CATCH IT EARLY"

Grade Level: Adult

Details: 35 min., 2001, FMS

Synopsis: In this program, ex-offenders and people in recovery look at the cost of anger and aggression in their lives and learn how to create new choices. Jealousy and revenge are examples of feelings which can create pictures in our minds. These are visual thoughts which drive us to actions like "checking up" on the suspected person. Allowing these actions to continue feeds our anger, and can easily lead to aggression out of control. Similarly, when anger begins to grow, adrenaline flows and major changes take place in the body. Learning how to notice these changes allows us to see what's coming before it's too late.

ANGER: CREATING NEW CHOICES, PT. 3, "PRACTICAL SKILLS"

Grade Level: Adult

Details: 36 min., 2002, Success Stories

Synopsis: In this program, ex-offenders and people in recovery look at the cost of anger and aggression in their lives and learn how to create new choices. Aggression can become a habit; we can invite anger even when we don't intend it. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool", for being assertive instead of aggressive gives us the ability to do something different: the power to create new choices.

ASSETS HAPPENING HERE

Grade Level: Elem, Jr, Sr (5-12)

Details: 17 min., 1999, Noodlehead Network

Synopsis: This video that focuses on the positive things kids do for themselves, their families, and their communities, within a framework kids can use to improve their own lives. Search Institute has identified 40 assets that help youth grow up healthy, caring and responsible. This video identifies these assets and invites kids into a discussion about what they need in order to thrive.

THE BROKEN CORD

Grade Level: Sr (9-12), Adult

Details: 28 min., 1994, Films for the Humanities

Synopsis: In this program with Bill Moyers, authors Louise Erdrich and Michael Dorris explain how traditions of spirit and memory weave through the lives of many Native Americans and how alcoholism and despair have shattered so many other lives. The devastating effect of fetal alcohol syndrome on their adopted son and on the Native American community as a whole is also discussed.

A CALL TO ACTION: CHANGING THE CULTURE OF DRINKING AT U.S. COLLEGES

Grade Level: College, Adult, Prof

Details: 52 min., 2002, NCADI

Synopsis: An overview of the NIAAA report by the same title, Dr. Raymond Kington narrates a panel discussion. Dr. Ralph Hingson speaks on the morbidity of college drinking, Dr. Mark Goldman speaks on changing the culture of college drinking and Father Edward Malloy speaks on the present culture of college drinking. Four University presidents share why they got their colleges involved in the "Call for Action".

CARING FOR OURSELVES: HOPE FOR HEALTHY RELATIONSHIPS

Grade Level: Adult

Details: 50 min., 1989, Hazelden

Synopsis: Codependency expert Melody Beattie and other recovering codependents share their insights on balancing the need to care for oneself with caring for others. Personal stories illustrate how caretaking, controlling, rescuing, and enabling can be self-destructive. We learn to identify our own codependent behaviors and overcome obstacles to recovery.

CHILDREN OF ALCOHOL AND DRUG ADDICTED PARENTS

Grade Level: Adult

Details: 57 min., 2001, SAMHSA

Synopsis: Many children and young people are exposed to chaotic family environments that offer little stability or emotional support. And many will develop serious behavioral and emotional problems that will keep them from living happy and normal lives. New science-based approaches to helping these often overlooked victims of addiction are presented. (Part of a series of webcasts presented for Recovery Month 2001)

COMMITMENT TO CHANGE SERIES

THE POWER OF CONSEQUENCES (#7)

Grade Level: Adult

Details: 33 min., 2002, FMS Productions

Synopsis: Facing Consequences: It takes courage to face the pain our actions have caused. Through role-play, an offender and recovering addict looks squarely at the consequences of his actions: to victims, to his wife, his children, his community and others.

THE POWER OF CONSEQUENCES (#8)

Grade Level: Adult

Details: 37 min., 2002, FMS Productions

Synopsis: Moment of Decision: People who stay clean and free consider consequences before acting; repeat offenders find a way to shut them out.

THE POWER OF CONSEQUENCES (#9)

Grade Level: Adult

Details: 43 min., 2002, FMS

Synopsis: Remembering Consequences: "When I face temptation, will I be able to resist?" Noticing how we shut out consequences-what we say to ourselves to "go

ahead,” provides a warning sign: an alarm that tells us to slow down and consider consequences.

DEBUNKING THE MYTHS ABOUT MARIJUANA: WHAT CAN YOUR COMMUNITY DO?

Grade Level: Adult

Details: 7 min., 2003, Office of National Drug Control Policy

Synopsis: This video was designed to educate communities about the harms of teen marijuana use. It highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth, and encourages communities to work together to address teen marijuana use. It also includes television ads for youth on the negative consequences of marijuana use, for parents on the importance of monitoring their kids, and for the general audience on the importance of community coalitions.

THE DISEASE OF ALCOHOLISM: UPDATE

Grade Level: Adult

Details: 38 min., 2002, GWC

Synopsis: This video updates Disease of Alcoholism that Dr. Ohlms released in 1981 and updated in 1991. According to Dr. Ohlms, alcohol still leads the list of most abused drugs in all age groups, between men and women, and from all walks of life. Dr. Ohlms describes alcoholism as a chronic, progressive, incurable disease characterized by a train of signs and symptoms. He also shares information on the physiological aspects of alcohol addiction and fetal alcohol syndrome.

DRINKING IT IN

Grade Level: Elem, Jr, Sr (5-12), Adult

Details: 5 min., 2002, Image Master Productions

Synopsis: This video depicts how children are surrounded daily by alcohol messages and the many different venues for these images and the messages they send.

DRIVING DRUNK: LICENSE TO KILL?

Grade Level: Adult

Details: 44 min., 1995, Films for the Humanities

Synopsis: An ABC News Turning Point investigation of the laws that are supposed to keep drunk drivers off the road, how easy it is to circumvent the laws, and at the efforts of some states to make it harder for drunk drivers to become repeat offenders.

DYING HIGH: TEENS IN THE E.R.

Grade Level: Sr (9-12), Adult Closed Captioned

Details: 26 min., 2002, Human Relations Media

Synopsis: This reality based video shows what goes on inside the nation's emergency rooms as doctors treat teens for some of the most common types of injuries among young people: drug overdoses, alcohol poisoning, car wreck traumas and more. Through a series of episodes, viewers see common life-and-death ER moments which remind teens that risk-taking behaviors can often lead to serious injury and death. NOTE: This film contains graphic images.

ECSTASY AND OTHER CLUB DRUGS

Grade Level: Sr (9-12), Adult

Details: 45 min., 2002, GWC

Synopsis: According to Dr. Ohlms, Ecstasy (MDMA) is one of the fastest growing drugs of abuse especially among teens and young adults. Ecstasy is commonly referred to as one of the "club drugs" because it is often used at all-night clubs and at rave parties. Dr. Ohlms discusses the short and long term effects of using Ecstasy. While explaining the acute effects of Ecstasy on the brain, Dr. Ohlms explains how long-term use can change brain chemistry and behavior. He also details the physical symptoms of frequent and long-term use as well as the physiological effects Ecstasy has on the user. Ohlms also discusses the differences between Ecstasy and other club drugs gaining popularity such as GHB, Ketamine and Rohypnol, which became famous as the "date rape drug"

END BROKEN PROMISES, MEND BROKEN HEARTS

Grade Level: Adult

Details: 23 min., 2003, SAMHSA

Synopsis: This video is for adults interested in being helpful to children who have parents with alcoholism or other drug dependencies. It provides information on the needs of children of addicted parents, a rationale for addressing their needs, information about educational support groups and messages from children and parents who have benefited from these groups.

EXPLORING THE CONNECTION BETWEEN ADDICTION AND OTHER HEALTH AND SOCIAL PROBLEMS

Grade Level: Adult

Details: 57 min., 2001, SAMHSA

Synopsis: This program will look at the costs of substance abuse to individuals and society and demonstrate how addiction treatment can dramatically reduce such problems. (Part of a series of Webcasts from Recovery Month 2001)

FATAL MISTAKES: FAMILIES SHATTERED BY SUICIDE

Grade Level: Adult, Prof

Details: 45 min., 1998, American Foundation for Suicide Prevention

Synopsis: Fatal Mistakes chronicles the recovery of several families in the aftermath of suicide. The film introduces brothers and sisters, daughters and sons, mothers and fathers who struggle daily with the loss, stigma, blame, and shame that inevitably accompany such a tragic death. These "survivors" share their common experience with the hope that they will comfort others experiencing similar grief and prevent others from experiencing the pain of losing a loved one to suicide. AFSP recommended audiences: survivor support groups, mental health professionals, guidance counselors, clergy, social workers, hospice workers and employee assistance professionals.

GAMBLING WITH YOUR LIFE (48 HOURS)

Grade Level: Sr (9-12), Adult

Details: 50 min., 2000, CBS Video

Synopsis: Gambling is one of this country's most popular activities. In 1996, Americans made \$586 billion in legal bets. One expert estimates that four million people in this country are addicted to gambling. 48 Hours takes a look at this pastime, profiling a recovering gambling addict, a woman whose obsession with scratch-off-games has left her \$50,000 in debt, and a cabby who trades online while he drives.

GRIEF: HOW TO HELP CHILDREN FEEL, DEAL AND HEAL

Grade Level: Adult, Prof

Details: 85 min., 1999, Corporate Image

Synopsis: This video is designed to help parents, teachers, counselors and caregivers guide children through their grief.

HEAR MY VOICE

Grade Level: Jr, Sr (6-12), Adult

Details: 12 min., 2002, American Cancer Society, New England Division

Synopsis: This video, targeted to middle school students, is a graphic and honest look at what it's like to live with a laryngectomy, or surgery to remove one's voice box. The people profiled point out important facts to school children such as the fact that they cannot go in a boat or go swimming because they risk going underwater and drowning if water entered their stoma, the hole in the throat where they breathe. Includes classroom discussion questions for teachers to use following the video.

HIDDEN SCARS, SILENT WOUNDS: UNDERSTANDING SELF INJURY

Grade Level: Adult, Prof Closed Captioned

Details: 25 min., 2003, Human Relations Media

Synopsis: This video investigates the phenomenon of self-injury. Self-injury refers to a pattern in which a person harms himself or herself by cutting or even burning parts of the body to relieve stress from pent-up emotions. Many people suffer from this usually secretive activity. Typically, they have endured unusual and stressful events or abusive family situations, and have resorted to self-injury as an unhealthy coping mechanism. The film contains interviews with young people who cut and their families, as well as commentary by noted experts in the field. NOTE: Contains sensitive content. Needs to be processed.

THE HIJACKED BRAIN: CLOSE TO HOME

Grade Level: Sr (9-12), Adult

Details: 57 min., 1998, Films for the Humanities

Synopsis: Aided by diagnostic tools, scientists are making dramatic discoveries about how addiction affects the brain. In this program, Moyers goes into the laboratory to follow researchers engaged in charting an "image of desire in the brain." We see images of a cocaine user's brain as the drug takes effect, and a doctor explains how

these scans reveal addiction as a chronic relapsing brain disease. Moyers observes a genetic researcher as he monitors a variety of factors that may determine who is likely to develop alcoholism.

HOOKED: ILLEGAL DRUGS AND HOW THEY GOT THAT WAY

Grade Level: Sr (9-12), Adult

Details: 2 @100 min., 1996, A & E Television Networks

Synopsis: Hooked explores the world of illegal drugs, meeting with pharmacologists and scientists to learn exactly what effect they have on us and exploring the social and legislative changes that have transformed (and, some argue, created) the drug culture of the 20th century. Outspoken advocates on both sides of the "war on drugs" illuminate this polarizing issue, and fascinating accounts and artifacts illustrate the role of drugs throughout history.

1) MARIJUANA, OPIUM, MORPHINE, AND HEROIN (VOLUME 1)

2) COCAINE, LSD, ECSTASY, THE RAVES (VOLUME 2)

HOORAY FOR THE DRUG-FREE TEAM (HARVEY RABBIT)

Grade Level: Prim (K-2)

Details: 51 min., 1996, Harvey Rabbit Productions

Synopsis: The Allureds present their friends (puppets), Harvey Rabbit, Cecil the Orangutan, and T-Boy the Alligator in comic skits which cover the rules for membership on the Drug-Free Team.

IDENTIFYING ALCOHOL ABUSERS

Grade Level: Prof

Details: 69 min., 1990, NCADI

Synopsis: This video contains six client screening interviews. This tape allows the learner to observe screening techniques using selected items from the AUDIT (Alcohol Use Disorder Identification Test)

IDENTIFYING DRUG ABUSERS

Grade Level: Prof

Details: 37 min., 1990, NCADI

Synopsis: This video contains four client screening interviews. This tape allows the learner to observe screening techniques using selected items from the POSIT (Problem Oriented Screening Instrument for Teenagers) and the DAST (Drug Abuse Screening Test) with a variety of patients.

IMPLEMENTING SCIENCE BASED PROGRAMS EFFECTIVELY: A FORUM ON FIDELITY AND ADAPTATION ISSUES

Grade Level: Adult

Details: 150 min., 2003, I.G. Brown Air National Guard Training and Education Center

Synopsis: This broadcast features a presentation by Dr. Paul Brounstein of CSAP on current research findings on the issues of fidelity/adaptation. Participants will also have an opportunity to hear the perspectives of a select group of model program developers and the experiences of program

implementers on these issues.

IN THE KNOW: PARTY DRUGS

Grade Level: Sr (9-12), College

Details: 24 min., 2001, Syndistar

Synopsis: Four young narrators work together to educate viewers about the damage that Ecstasy/MDMA, methamphetamine, GHB, Rohypnol, and Ketamine do to users' lives. Also contains an in-depth look at "date rape" drug use, and provides advice to viewers on protecting themselves. The program details the social effects, biological functions, and short and long-term effects of each of these substances. The video concludes with the story of a college freshman who has spent the last three years in a coma due to someone "slipping" GHB to her without her knowledge.

IN THE KNOW: PRESCRIPTION DRUGS

Grade Level: Sr (9-12), College

Details: 15 min., 2001, Syndistar

Synopsis: The drug groups discussed in this video are tranquilizers (barbiturates and benzodiazepines), stimulants (amphetamines), and opioid painkillers (Vicodin, OxyContin, and the like). The program details the social effects, biological functions, and short and long-term effects of each of these substances.

INNER VIEWS OF GRIEF

Grade Level: Jr, Sr (7-12), Adult

Details: 30 min., 1995, Fanlight Productions

Synopsis: Five young adults from ages 14 to 26 discuss their reactions to the sudden, sometimes violent death of a parent, sibling or friend. These young women and men talk about what helped them at the time of death, how family relationships changed, how they have coped with their feelings, and the ways they have commemorated the deceased. This video can serve as a teaching tool for mental health professionals, teachers, school crisis teams, hospice workers, clergy, funeral directors, parents and bereaved individuals of all ages. It is highly recommended that the video be facilitated by someone skilled in leading discussions on grief response. The video often evokes strong emotions in viewers. The facilitator should feel competent in being able to support to the viewers.

THE KILLER AT THURSTON HIGH

Grade Level: Adult

Details: 90 min, 1999, PBS

Synopsis: In May 1998, 15-year-old Kip Kinkel murdered his mother and father, and then opened fire at Thurston High School in Springfield, Oregon, killing two fellow students and wounding 25 others. In this first in-depth examination of a school shooter, FRONTLINE reveals the intimate, inside story of how Kip Kinkel, a "shy and likable teenager" from a solid middle-class family, became the boy police call a "cold-hearted killer" NOTE: Graphic account of story and images. Preview prior to using with any audience.

KNOW THE SCORE: THE DANGERS OF PERFORMANCE ENHANCING DRUGS

Grade Level: Jr, Sr (7-12), Adult Closed Captioned

Details: 20 min., 2003, Human Relations Media

Synopsis: This video reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Speakers include young athletes who share their views on "competing clean" without chemical enhancements as well as expert sports medicine doctors who explain the adverse physical effects of misusing performance drugs.

A LIFE SAVED: THE STORY OF A SUICIDE INTERVENTION

Grade Level: Jr, Sr (8-12), Adult

Details: 10 min., 2002, Maine Youth Suicide Prevention Program

Synopsis: The video is appropriate for use with both adult and youth audiences to illustrate the value of teaching everybody about suicide prevention. When knowledgeable, trusted adults and young people are educated to know how to recognize and respond to suicidal behavior, more suicides will be prevented. This video can stand alone, but is especially effective when used with a companion video "Suicide. A Guide to Prevention."

LIVING A LIE: THE ALCOHOLIC FAMILY

Grade Level: Jr, Sr (7-12), Adult

Details: 30 min., 1999, Human Relations Media

Synopsis: By following a group of real children of alcoholics on an overnight retreat, this video identifies the typical roles that can emerge in an alcoholic family: the joker, the enabler, the invisible child, the overachiever, and the rebel. We hear firsthand how these roles often lead to dangerous behaviors like drug use and crime. This program strives to help viewers appreciate that despite family difficulties, children from alcoholic families can still rely upon their own resiliency and inner strength. Trained therapists and social workers who specialize in working with COAs, provide an overview of the problem of alcoholism and how it impacts the entire family unit.

MAKING THE RIGHT CHOICES

Grade Level: Adult

Details: 51 min., 2002, GWC Productions

Synopsis: Filmed inside of a correctional facility, Michael Johnson addresses the struggles many offenders face when returning to their old neighborhood and friends. He discusses how the behaviors that often lead a person to addiction and criminal activity conveyed an illusion of power, control and immediate gratification. He emphasizes that in order to keep from coming back to prison it is important to accept responsibility for your actions, to develop humility and to be personally accountable for your actions and behaviors. Johnson provides successful

strategies for transitioning back into the community.

MARIJUANA: WEEDING OUT THE HYPE!

Grade Level: Adult

Details: 30 min., 2002, SAMHSA

Synopsis: This video educates viewers on the latest facts about marijuana, including trends in the use of the drug, the strength of today's marijuana, its effects, and the encouraging efforts being made in prevention and treatment. Developed for community adult audiences, this video includes highlights from the national "Marijuana: Weeding Out the Hype" teleconference.

MICHAEL'S JOURNEY

Grade Level: 5-8

Details: 23 min, 2003, SAMHSA

Synopsis: This video focuses on family alcohol problems as they affect youth. It follows two African-American boys who exemplify different coping styles of children of alcoholics. The goals are to help young people realize the importance of bonding and the need for trust, and to provide insight into the far-reaching effects of family addiction.

MOTIVATIONAL INTERVIEWING: FEEDBACK AND INFORMATION EXCHANGE

Grade Level: Prof

Details: 55 min., 1998, University of New Mexico

Synopsis: One context in which motivational interviewing has been widely practiced is the "check-up" or feedback of assessment information. This specialized application involves much more talking on the part of the therapist, in that more information is being imparted to the client. This tape looks at how the therapist takes this more active, information-giving role while remaining consistent with the spirit of motivational interviewing.

MOTIVATIONAL INTERVIEWING: HANDLING RESISTANCE

Grade Level: Prof

Details: 62 min., 1998, University of New Mexico

Synopsis: Motivational interviewing includes a set of strategies for handling and decreasing resistance. The information presented in this videotape is particularly useful during Phase I, although the methods are applicable throughout counseling. The phenomenon of "resistance" is discussed, and various strategies are explained and demonstrated.

MOTIVATIONAL INTERVIEWING: INTRODUCTION TO MOTIVATIONAL INTERVIEWING

Grade Level: Prof

Details: 41 min., 1998, University of New Mexico

Synopsis: The introductory tape is a conversational interview with Bill Miller and Steve Rollnick, conducted in the summer of 1997 by Theresa Moyers. They review the background and current directions of motivational interviewing, explore its essential theoretical and conceptual underpinnings, and discuss its five basic

principles. This is by no means a comprehensive introduction to motivational interviewing. Rather, it sets the context for the following tapes in the series.

MOTIVATIONAL INTERVIEWING: MOTIVATIONAL INTERVIEWING IN THE MEDICAL SETTING

Grade Level: Prof

Details: 48 min., 1998, University of New Mexico

Synopsis: A rapidly growing application of motivational interviewing is in general health-care settings. Here it is often necessary to compress the process of counseling into a shorter period of time. This tape explores how the spirit of motivational interviewing can be applied in busy health-care settings.

MOTIVATIONAL INTERVIEWING: PHASE I, PART 1, OPENING STRATEGIES

Grade Level: Prof

Details: 39 min., 1998, University of New Mexico

Synopsis: This video is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II.

MOTIVATIONAL INTERVIEWING: PHASE I, PART 2, OPENING STRATEGIES

Grade Level: Prof

Details: 51 min., 1998, University of New Mexico

Synopsis: This video is designed to illustrate the skills involved in the opening phase of motivational interviewing. Phase I focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase II.

MOTIVATIONAL INTERVIEWING: PHASE II, MOVING TOWARD ACTION

Grade Level: Prof

Details: 37 min., 1998, University of New Mexico

Synopsis: This video covers when to move from Phase I (building motivation for change) into Phase 2 (consolidating commitment to a change plan.) Counseling methods used in Phase 2, and how they differ from the opening strategies of motivational interviewing are discussed.

THE OTHER SIDE OF BLUE: THE TRUTH ABOUT TEENAGE DEPRESSION

Grade Level: Sr (9-12), Adult

Details: 31 min., 2000, Fanlight Productions

Synopsis: Case studies of teenage depression, with commentary by psychiatrists and social workers.

OXYCONTIN AND OTHER PRESCRIPTION DRUGS: KILLING THE PAIN

Grade Level: Adult

Closed Captioned

Details: 30 min., 2002, Hazelden

Synopsis: Whether prescribed by a physician or purchased on the street, painkilling drugs can be extremely effective in eliminating physical, emotional, and psychological distress.

They can also be exceedingly addictive. In this video individuals who have overcome addiction to painkillers talk about how they got clean-and what they learned about surrender, willingness and support along the way.

PEPPER & YOU'RE NOT ALONE

Grade Level: K-2 & K-8

Details: 16 min., 2003, SAMHSA

Pepper (7 min.) is the story about a puppy named Pepper whose owner becomes alcoholic, moody, and neglectful. The owner joins Alcoholics Anonymous and begins recovery. The story helps young children understand the circumstances of families faced with addiction and the confusion and feelings of rejection experienced by many COAs. **You're Not Alone** (9 min.) features Jerry Moe and children who have benefited from participating in support groups for children of addicted parents. It speaks to children in families with addiction or other high stress and emotionally painful living environments, but also contains important messages for all children and youth, preparing them to respond more appropriately and comfortably to friends and classmates who are COAs.

THE PROCESS OF RECOVERY (MICHAEL JOHNSON)

Grade Level: Adult

Details: 45 min., 2000, GWC

Synopsis: Michael Johnson leads the viewer through the process of reflecting upon their life, and the consequences of their behavior. He discusses how alcohol, drugs and criminal behavior can lead them to jail, death, or insanity. He explains why "recovery and abstinence from alcohol, drugs, and criminal activity must be a permanent commitment." He discusses some of the changes that take place during the process of recovery and addresses getting back time, lack of determination, feeling bored, lost and abandoned. Family issues are also addressed.

RAPE UNDER THE INFLUENCE: SEXUAL ASSAULT ON CAMPUS

Grade Level: College, Adult

Details: 30 min., 2001, Discover Films, Inc,

Synopsis: This documentary focuses discussion on the realities of date rape when alcohol and drugs are used. Viewers see the devastation caused to a young victim of a violent gang rape, hear from a police detective committed to pursuing serial acquaintance rapists, and share in the discussion as college students talk about sexual assault on campus. Incoming freshman just beginning to socialize will learn to recognize danger signs and hear simple strategies that make it easier to keep themselves and their friends from becoming victims.

REALITY CHECK: A MARIJUANA PREVENTION VIDEO

Grade Level: Jr, Sr (7-12) Closed Captioned

Details: 15 min., 1999, Hazelden

Synopsis: A combination of humor, animated graphics, testimonials, and music delivers facts about the pharmacology of marijuana and consequences of short-

and long-term use. The video helps young people build refusal skills and learn how to seek help, while showing non-use as more cool and fun than use.

RECOVERY IT'S A FAMILY AFFAIR AND EVERYONE'S INVITED

Grade Level: Adult

Details: 57 min., 2002, SAMHSA

Synopsis: The Webcast explores the 2002 Alcohol Awareness Month theme: Recovery-It's a Family Affair and Everyone's Invited and highlights other significant events, like National Alcohol Screening Day.

RECOVERY STORIES: A TRAINING VIDEO ON CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE

Grade Level: Prof

Closed Captioned

Details: 30 min., 2002, Cumberland County Dual Diagnosis Collaborative

Synopsis: This video is to be used for training discussions with a trainer/facilitator knowledgeable about mental illness and substance abuse. Through candid discussions, the video documents the lives and experiences of five individuals. We learn who they are and what has helped as well as what has hindered their recovery from mental illness and substance abuse. We also learn what brings meaning to their lives and recovery. These stories provide an opportunity for reflection on what providers of services can do to support people in recovery and provide practical advice for providers from those in recovery.

RELAX! YOU ONLY LIVE ONCE

Grade Level: Adult

Closed Captioned

Details: 60 min., 1999, WGBH

Synopsis: Isn't it great to be alive? Loretta LaRoche reveals how to lose your worries by finding your sense of humor in the most unlikely situations. Watch and see how funny life can be. Learn how to enjoy every day by listening to the best relaxation expert anywhere: the one inside you.

RESTLESS, IRRITABLE AND DISCONTENTED

Grade Level: Adult, Prof

Closed Captioned

Details: 18 min., 2000, Hazelden

Synopsis: Developed for clients in treatment and recovery as well as professionals who need relapse prevention education. This video: 1)defines relapse and emphasizes that addicts are prone to relapse because they are never "cured", 2)clarifies situations that can trigger relapse for clients in early recovery--cross addiction, life crisis, not working a recovery program, and financial, relationship, or other problems and 3)provides critical, easy-to-comprehend information to prevent and identify relapse thinking that can lead to using alcohol and other drugs.

THE ROLES OF FRIENDS AND COMMUNITY IN THE RECOVERY PROCESS

Grade Level: Adult, Prof

Details: 57 min., 2001, SAMHSA

Synopsis: Regardless of whether we have an addiction, drug and alcohol problems impact each and every one of us. And

each of us can play a role in confronting addiction. This program will address effective actions to facilitate the recovery process and help individuals and communities recover from the ravages of substance abuse. (Part of a series of webcasts from Recovery Month 2001)

THE RULES OF RECOVERY/ DELBERT BOONE

Grade Level: Adult

Details: 45 min., 2002, GWC Productions

Synopsis: This video emphasizes the importance of getting dry so that you can begin to realize what addiction has taken away from your life and you can start to focus your attention on your physical and safety needs. Getting dry is an event and sobriety is a process. Delbert Boone discusses that process and how there is no magic in recovery, that all a person needs to do is learn to comply, because sobriety is about complying and learning to follow the laws, rules and regulations of life. He also addresses the importance of focusing on making today just a little bit better than yesterday.

SCHOOL ZONES: THEY CALL HIM MR. T.

Grade Level: Sr (9-12), Adult

Details: 60 min., 2002, Maine Public Broadcasting

Synopsis: This video is part of a four-part documentary project, which takes the viewer into four Maine schools as a featured teacher or administrator offers a window into his or her life and the life of their school. "School Zones" presents a highly realistic view of what it means to be a teacher in Maine today. To do this, Maine PBS producers and videographers spent the 2001-2002 school year recording the events in four different schools around Maine. This video features Mattanawcook Junior High School in Lincoln and principal David Theoharides.

SCIENCE OF ADDICTION AND TREATMENT

Grade Level: Adult, Prof

Details: 57 min., 2001, SAMHSA

Synopsis: According to the National Institute on Drug Abuse, addiction is a brain disease. Scientific approaches are helping us understand the complexities of this brain disease and identify effective means to treat addictions. This program will focus on the latest treatment research and innovative initiatives to implement lessons learned from addiction science. (Part of a series of webcasts for Recovery Month 2001)

SLIM CHANCE (48 HOURS)

Grade Level: Sr (9-12), College, Adult

Details: 50 min., 2002, CBS Video

Synopsis: Despite the country's preoccupation with body image and spending more money on diet products than ever before, 60% of Americans are still overweight. Report on the extreme measures people take to stay thin. Featuring a top male model, this report shows that a large number of men are endangering their health and suffering from eating disorders, previously considered a woman's disease.

SMOKE SCREENERS: AN EDUCATIONAL

PROGRAM TO HELP YOUNG PEOPLE DECODE SMOKING IN THE MOVIES

Grade Level: Jr, Sr (6-10)

Details: 15 min., 2002, MA. Dept. of Public Health

Synopsis: Using an MTV-style format, the teen hosts of Smoke Screeners provide a behind-the-scenes look at the entertainment industry's use of smoking on-screen. Geared towards young adults in middle and early high school, the video shows clips from many historical and current movies to illustrate how, "cigarettes and cigars are movie-making tools." The video explains how writers, actors, and directors use tobacco products to make characters look nervous, relaxed, weak, strong, even glamorous.

STUDENT ASSISTANCE AND THE RECOVERY PROCESS

Grade Level: Adult

Details: 57 min., 2002, SAMHSA

Synopsis: This Webcast explores the critical role of student assistance programs in making recovery possible for students caught in the grip of alcohol and drug abuse and highlights support for students living in families or communities where addiction is a daily reality. (Part of a series of webcasts from Recovery Month 2002)

SUICIDE: A GUIDE TO PREVENTION (SHORT VERSION)

Grade Level: 7-12, Adult

Details: 13 min., 2004, The Noodlehead Network

This is a shorter version of the original video (of the same name) that features kids showing other kids what to do if a fellow teen is talking about suicide or showing warning signs. The video was created by a group of teens and counseling experts and is an excellent training tool to demonstrate intervention skills for both teens and adults. It is especially effective when used as a companion video to "A Life Saved," which is the true story of how three Maine boys intervened with a friend as a direct result of watching "Suicide. A Guide to Prevention" as a part of the Lifelines Program offered in their health class.

SURVIVING DEATH: STORIES OF GRIEF

Grade Level: Adult

Closed Captioned

Details: 47 min., 1998, Fanlight Productions

Synopsis: The process of making a loss real can be a lonely and confusing experience. In this video, seven people from a variety of cultural backgrounds, talk frankly about how they have been affected by the death of someone close to them. They speak about the pain and other powerful emotions they have experienced, about their need to reassess values and relationships after death, and about the ways they have found to survive the loss. Recognizing that there is no single or easy path to recovery, this video is a useful resource for those in grief and for those lending support.

TAKING CONTROL OF DEPRESSION: MENDING THE MIND

Grade Level: Adult

Details: 30 min., 1992, Pfizer Inc.

Synopsis: This is a patient educational video sponsored by

Roerig, Pfizer and Pratt Pharmaceuticals. It is designed to provide individuals with information about depression.

THERAPY GAMES

Grade Level: Adult

Details: 46 min., 2002, GWC Productions

Synopsis: Therapy should be a rewarding experience where a person can focus on personal issues. However, according to Michael Johnson, many who enter therapy choose to "play the game" focusing on how quickly they can complete therapy and get out. This video, filmed at a correctional facility, details many of the games that are played in therapy and addresses denial, attitude, anger, blame and the importance of identifying one's true self.

THINK AGAIN

Grade Level: Jr, Sr (6-12) Closed Captioned

Details: 10 min., 2002, CDM Communications

Synopsis: This video featuring the voices of Maine Youth was produced as part of the "If You Think Most Kids Drink--Think Again" media campaign. It includes footage that was not used in the Public Service Announcements created for the campaign. The accompanying guide can be used to stimulate a discussion about underage drinking.

TREATMENT 101

Grade Level: Adult

Details: 59 min., 2001, SAMHSA

Synopsis: Families and friends of individuals with substance abuse problems suffer greatly. But the good news is that treatment is available and effective. This program will discuss the fundamentals of addiction treatment, look at effective treatment modalities, and present the latest national treatment initiatives. (Part of a series of webcasts from Recovery Month 2001)

THE TRUTH ABOUT TEEN ALCOHOL USE 101

Grade Level: Sr (9-12)

Details: 25 min., 2001, Discover Films

Synopsis: This video uses the social norms approach to show high school students that most of their peers do not drink. A survey at Riverfront High School produces typical results: while teens assume others drink, actually most do not. Through interviews and group discussions, we learn how surprised and relieved students are to discover their own attitudes align with those of a majority of their peers, 70% who do not drink. This gives them the confidence to be themselves by dispelling the myth that "everybody is doing it."

UNDERSTANDING DISSOCIATIVE DISORDERS AND ADDICTION

Grade Level: Adult Closed Captioned

Details: 20 min., 2003, Hazelden

Synopsis: This video features dramatic re-enactments of people sharing their experiences with dissociative disorder and addiction. Professionals provide clinical insights on key issues.

UNDERSTANDING SCHIZOPHRENIA AND ADDICTION.

Grade Level: Adult

Closed Captioned

Details: 20 min., 2003, Hazelden

Synopsis: People who have been diagnosed with schizophrenia and addiction share firsthand experiences. Professionals provide clinical insights on key issues.

UNDERSTANDING SUICIDE AND ADDICTION

Grade Level: Adult

Closed Captioned

Details: 20 min., 2003, Hazelden

Synopsis: People who have been diagnosed with addiction and have contemplated suicide share firsthand experiences. The video discusses risk and protective factors, and focuses on practical strategies to reduce suicide risk and improve life quality. Professionals provide clinical insights on key issues.

UPDATE ON RAPID TESTING FOR HIV

Grade Level: Adult

Closed Captioned

Details: 105 min., 2003, National Prevention Information Network

Synopsis: This webcast describes rapid tests for HIV including benefits and limitations, implementation considerations for counseling and testing, confirmatory testing for positive test results, quality assurance, training and resources for updates on rapid testing.

WHAT SHOULD I TELL MY CHILD ABOUT DRINKING?

Grade Level: Adult

Details: 46 min., 1996, Gerald T. Rogers Productions

Synopsis: Hosted by Meryl Streep, this two-part video helps parents and other caregivers improve their communication skills about alcohol.

WOMEN AND TOBACCO: SEVEN DEADLY MYTHS

Grade Level: Adult

Details: 17 min., 2001, New View Films

Synopsis: Smoking takes a deadly toll on women and the people they love. Lung cancer already claims the lives of many more women each year than breast cancer, and deaths from lung cancer are on the rise. Women between the ages of 18 and 34 are prime targets for the tobacco industry, which spends billions of dollars every year on advertising that makes smoking cigarettes look fun, sexy and inviting. This video explores the myths about smoking and empowers women to become or stay smoke free.

YOUR TEEN AND ALCOHOL: DO YOU REALLY KNOW?

Grade Level: Sr (9-12), Adult

Details: 26 min., 2003, Maine Office of Substance Abuse

Synopsis: This video features Maine teens, parents and alcohol prevention experts. All kids don't drink, but two-thirds of Maine's teens report having tried alcohol. In fact, one in five Maine teens said that they had participated in excessive drinking [five or more drinks in a row] during the two weeks prior to the most recent statewide survey. Most teens believe their parents will never find out--and they may

be right. Four out of five Maine parents surveyed believe their teen hasn't tried alcohol.

YOUTH VOICES III

Grade Level: Jr, Sr (6-12), Adult

Details: 30 min., 2002, Maine PBS

Synopsis: High school students from the communities of Oxford Hills, Harrington, and Danforth, as well as a group of student Resident Assistants from the University of Southern Maine in Gorham, produced their own Public Service Announcements with the goal of reaching adults, particularly parents, to make them aware of the many issues surrounding underage drinking. In addition to the Public Service Announcements, video segments offering a deeper look at each of the issues the students identified help to provide context and more in-depth analysis of the message the young people wished to communicate to their target audience. This program is particularly appropriate for parent groups and other adults that wish to learn more about what young people think about the role adults play in contributing to underage drinking issues in Maine. Other possible target audiences might include high school student groups, teachers and other social service professionals, college residence assistants, college students, affairs administrators, law enforcement agencies, etc.

YOUTH VOICES IV

Grade Level: Jr, Sr (6-12), Adult

Details: 30 min., 2003, Maine PBS

Synopsis: Young people from the communities of Eastport, Jonesport, South Portland, and Standish from the ages of 12 to 22 produced public service announcements aimed at reaching their peers. Each group identified a message that would offer their perspective about issues relating to alcohol use and what role social norms play in underage drinking in Maine's communities. Their messages address issues such as misguided assumptions that alcohol is more popular than it is in reality, and the false belief that the majority of the youth population uses alcohol.